

THE SACRED SCIENCE OF REGENERATION

BY
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As exposition of the process of physical and spiritual regeneration through
the conservation of sexual vitality.

The only method that will permanently overcome weakness, old age,
disease and decay, and perpetually rejuvenate the body.

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PREAMBLE.

There is a science of regeneration which has been taught and practiced by sages and masters of mystical lore. It is a divine science, having its birth in heaven and from thence it has been transmitted to those psychic teachers on earth who have become ready to receive its high truth.

This science has also been preserved by holy and sacred orders like the order of Melchizedek and the order of the Rosy Cross as well as the order of Rosicrucians. (My distinction between the two latter is intentional.) The mystics of India and the esoteric students of other countries have also possessed and used this knowledge.

But only among the translated mystics of the celestial realm has this knowledge been known in its purity and perfection, for there they are free from the material limitations and beliefs and religious bigotry, tradition and superstition which in every country in this world has clouded the vision of the soul and prevented it from seeing the whole truth. For instance, there are in India religious rites and ascetic practices which have caused the devotees to neglect the body and starve the soul until it could not express the fulness and beauty of the truth even when it was seen. Their belief in the vileness of the body has prevented their bringing the beauty of the soul into physical expression and their many beliefs

about Karma and the necessity of reincarnation have caused them to put off into the distant future the attainment which the Spirit always holds for everyone in the now.

The unlimited blessings that the Spirit is willing to give humanity are limited by the false beliefs in the human mind. With the majority of mankind the Spirit is imparted to the extent that mortal beliefs will permit or in proportion as the spiritual development will allow, because the majority are not intuitively developed to that state of mind that they can receive new ideas from the Spirit that contradict their past education. But from time to time clairvoyant souls have been born, so highly gifted with spiritual discrimination that they have been able to discern the false from the true and become transmitters to the earth plane of such heavenly truths as the immortal teachers could adapt to the needs of humanity. Other sensitives with less soul discrimination have not been so fully able to sift the wheat from the chaff, so we find that they have often given forth the grossest errors with the brightest truths, and the process of transmission of spiritual intelligence through the limited vibrations of the human brain is so complex that the thought twisted or inverted in transit can only under rare conditions of psychic perception be corrected.

Thus the beliefs in hell, so prevalent in the mind of the world, caused Swedenborg, the seer, to believe that real hells existed for the perpetual punishment of the wicked, and we also find him blending majestic philosophy with fantastic fancies and confounding the sayings of the angels of the Lord with the doctrines held by spirits of various degrees of development. And at the present time the same fault is

apparent in metaphysical doctrines. Truth and error are so curiously interwoven that one is amazed that a rational mind can be satisfied with such irrational absurdities.

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It is my intention to impart this Science of Regeneration as it has been revealed to me, adapting it by practical examples to the needs of students in various degrees of spiritual life and development. I have drawn upon physiological science and human experience for physical facts, but the deeper spiritual truths are derived from soul knowledge.

It is a study that should be taken up as the work of a lifetime. Only those who seriously desire to attain the fulness of spiritual development that this method affords and who practice unwearingly through months and years can expect to eat of the divine fruits of Mastership.

This Science is the key to all occult powers attained by mystic masters of old. It will enable one to live in a healthy, perpetually re-energized body as long as the soul cares to work on this plane. The soul will awaken and its latent faculties which sense the highest truths of heaven will unfold and the mind will receive a glory and perceive an interior grandeur and beauty that will amply repay for all seeming sacrifices on the external sense plane. In a word, man will become complete in himself; man will manifest the wisdom, love and power that is God, and he will realize in this present world a degree of soul glorification that is usually attained only after many years in the spiritual world and even then in a less perfect degree than if it had been worked out here, because the necessity for a greater soul power to overcome physical limitations gives to one who is

faithful the consciousness of that extra degree of forcefulness in effecting results.

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It has been my aim to so live that I could write in a way that would inspire others to live the true life.

The world's libraries are full of material and spiritual philosophies, from Plato to Swedenborg, that teach sublime truths, but there are few books that inspire to action, that cheer with an uplifting philosophy that scatters the fog of materialistic conception and at the same time awakens within the reader an intense desire to live and be the truth. It is my prayer that I may write words so infused with soul realization that those who read and *study* them may be stirred to the very foundation of their being and arise with the words in their hearts and on their lips and proclaim by word and action that the Divinity within has been uncovered.

Words that do not have this power, whosoever they may be, are but froth on the ocean of truth, beautiful to look at but unsubstantial and unavailable for use.

THE OPINION OF MEN OF EXPERIENCE.

It would be well to meet and contradict in the first place the mistaken idea that has been promulgated by unwise physicians until it has become a universal belief, namely, that a pure, continent, self-contained life is inconsistent and unfavorable to the best physical well-being. In order that the unscientific character of this absurd theory may be understood I quote the verdict experience has rendered some of the ablest physicians upon this important subject.

Prof. Lionel S. Beale of King's College, London, says:

"It cannot be too forcibly preached that the strictest continence and purity agree alike with physiological and mental as well as with moral laws, and that compliance with wishes, longings and passionate desires can be as little justified by the principles of physiology and psychology as by those of morals and religion."

The medical faculty of the University of Christiania, composed of some of the ablest physicians in northern Europe, united in the following statement:

"The assertion made by various persons, and repeated in public journals and at public assemblies that a moral course of life and sexual continence are injurious to health, is entirely incorrect according to our experience, which is herewith unanimously expressed."

Dr. Geo. H. Napheys says:

"We emphatically condemn, as a most pernicious doctrine, one calculated to work untold evil, and to foster the worst forms of vice, the theory that any injury whatever arises from a chaste celibacy. The organs are not weakened nor their power lost, nor is there a tendency to spermatorrhœa, nor to congestions, nor to any of those ills which certain vicious writers and certain superficial and careless physicians have attributed to this state. No condition of life is more thoroughly consistent with perfect mental and physical vigor than absolute chastity."

Fifty-nine of the most prominent physicians, who have attained to positions of eminence in the medical world, unite in signing the following declaration:

"In view of the widespread suffering, physical disease, deplorable hereditary results, and moral

deterioration, inseparable from unchaste living, we the undersigned, members of the medical profession of New York and vicinity, unite in declaring it our opinion that chastity,—a pure, continent life for both sexes,—is consonant with the best conditions of physical, mental and moral health.”

The following statements were added by physicians who signed the above declaration:

“The exercise of continence is to the moral growth, what gymnastic exercise is to the physical.”—Robert Abbe, M. D.

“I find that the sexual sense is as prone to educational influence as any of the other senses. The developed appetite can be compared to a gormandizer, who can eat, and eat, and is never filled. All those who are continually appeasing such a sexual sense are always in a semi-paralytic condition in body and mind. They have not the power to carry on any train of thought in a logical manner. It is my belief that most of the suicides are due to these excessive practices in both sexes. It is the business of the physician to step in as a reformer, and begin to educate, and to open the eyes of mothers, fathers, daughters and sons regarding the effect of over-stimulation.”—J. Mount Blyer, M. D.

“I am positive from personal investigation since my youth, that ‘a pure continent life’ is essential to the best health, and that to be strongest in mesmeric power, or influence over others, one must have no sexual indulgence.”—E. D. Franklin, M. D.

The evidence of these physicians ought to destroy this false belief if it has not been already destroyed in the mind of the reader by observation of the devitalized condition of men and women in bondage to the senses.

In a personal letter a physician writes:

"I really want to know more of your 'Regeneration of the Sex Nature' because it extends beyond my own four years of experience.

"Of the 'Elixir of Life' and its reflex action for good in the 'male man.' I readily believe for I *feel* the good. But at first I rather considered it an over-assertion. I would now know more on this plane."

THE SEED.

The *sperm* or *semen* is the seed or *essence* of the blood of man.

The *ovum* is the seed or *essence* of the blood of woman.

These products are the most precious that the human body generates. In them are condensed all elements needed in the formation of the body and they are also the focal point for all mental and spiritual attributes.

An ounce of sperm equals forty ounces of blood. The constituents of this secretion are phosphate of lime, binoxide of protein, phosphorus and fat, the elements of bones, muscles and nerves.

The loss of this seed by male or female deprives the body of its strongest and richest substance. By proper concentration it can be held in the body and reabsorbed. Not only is the body drained, but the mind is weakened by this loss, for this substance is the basis for mental expression. Each cell of substance is surrounded by a sphere of electric and mental force which is lost to the mind when the body is depleted.

The marvelous intelligence in the body is nowhere more wonderfully manifest than in the glands of the sexual organs which secrete from the blood the very finest essences and form them into seed. They test

the blood flowing through their capillaries and appropriate only such materials as will answer their creative purpose.

This process is not less wonderful in the ovaries of woman than in the testicles of man, and that exhaustion follows the sexual act in woman as well as in man is evidenced by the ill health of the wives of passionate men and the short lives of women whose bodies are given over to sexual indulgences.

THE TESTICLES.

The sperm-making male organs are called *testicles* after the crucible or *testa* of the Greek alchemists. As they examined or *tested* metals and separated the pure from the baser parts in their crucibles, so the testicles try and refine the blood of man. Miles of delicate tubing are folded within each one of the testicles and these unite into a single tube which carries the sperm up into the body, where it is stored in two reservoirs situated beneath and in front of the bladder.

It is from these reservoirs that the electric currents of the body under the dominion of the will can, by transforming this fluid into an ethereal essence, gradually draw some of it up to the next sacred center, the solar plexus.

THE OVARIES.

The two ovaries, or egg-gardens, of the female are situated a little higher up than the uterus, one on each side of it. In them are created the seed and fluid which are carried through minute tubes to the uterus. Once each month the developed germ may be impregnated and carried to the uterus, or it may

be reabsorbed. The mysterious intelligence located in these female organs of generation, the ovaries and uterus, may be educated to regenerate the physical body. In a pure, high-minded woman, the uterus is filled with Divine love. Where the lustful element of thought is absent and purity reigns in the mind, this organ is a center for the divine elements—peace, meekness, harmony and universal love. It is the center of angelic motherhood and to a godly woman it is an open way through which there will come to her a golden peace, inspiring her with that radiant Flame which is the Breath of Divinity. To her and the holy child born in this Breath of Peace, there is the glory and victory of Divine Motherhood.

THE VALUE OF THE VITAL FLUIDS.

The arteries are filled with oxygenized blood. The veins carry blood laden with the material that is broken down by every physical movement. There is another system of vessels that begins in the surface and grows larger toward the interior of the body. This is the lymphatic system. Its fine network of tubes is found in the tissues, busily absorbing the waste atoms that can be again used in constructive processes. When the body is in normal condition the capillaries absorb the waste material which has become useless and the lymphatics assimilate the microscopical bits of bone, muscle, tendon and nerve cells that are still healthy and carry them through the main lymphatic tube to the left side of the neck, where they are poured into the veins. Thus the body derives support from its own waste material as well as from food products. When a mother weans her child the milk is gradually absorbed by the lymphatics.

The vital essences of children do not mature germ cells because the rapid building of the body creates a demand for all the secretions of the sex organs. In the young boy the phosphorus and lime and the tissue elements secreted by the testicles, are eagerly absorbed by the lymphatics to build muscles and bones, and enrich the blood. The food eaten cannot attain its highest organization until it passes through the sexual alchemy and is again absorbed.

If the sex nature in young or old is drained of the vital fluids, the blood is impoverished and all parts of the body are robbed of the lymph or white blood which is so necessary to life processes.

When the lymphatic system is filled with transformed vital fluids, we feel truly alive. This water of life fills the body with physical vitality and generates an abundance of the electric and magnetic forces that thrill the nerves with spiritual energy. The organs are fed with so much of the good life substance that they all rejoice in their duties and work so harmoniously that perfect health is realized in every part. The brain is fed with the subtle essences, which are transformed into thought force and the mind is clear and brilliant with a thought creating power above the ordinary. This state of the mind rapidly develops the highest discrimination of the finer mental waves and there results an intuitive knowledge that is worth more than all the pleasures or treasures that the world can give. The mind is so built up from the transformed essences of the seed that it becomes a perfect expression of soul wisdom. It derives from higher states of life a conscious knowledge of the laws of immortal being and also is enabled to intuitively know the motives that lie behind human actions—to judge correctly in regard

to every detail of existence. This faculty of intuition enables one to guard against danger and become successful in business pursuits. Divine guidance is realized in all ways.

The subtle forces generated from the vitalized fluids are the basis of all physical attraction, and the man or woman who conserves vital force becomes a center of not only physical but spiritual attraction.

Thus we see that the greater part of the physical and mental strength is derived from the conservation of sex life. It inspires to joyous activity in every line of work and gives that feeling of self-completeness and satisfaction that brings serenity and security of mind. It unites the mind and soul so that the most wonderful consciousness of God's Presence and Wisdom is realized. And from this conserved energy is developed the fullness of life, the perfection of health and the attainment of success.

Is not the attainment of these treasures of body, mind and Spirit worth any seeming sacrifice of mortal pleasure?

THE TWO METHODS OF CONSERVATION.

The lymphatics reabsorb the vital essences that are not expended and return them to the blood, by which they are redistributed to the various physical organs. This is the physical means of reabsorption. But there is also a spiritual means that is carried on unconsciously by the mental and electric forces. By this means thought force transforms a part of the seed into finer elements and draws these directly to the solar plexus, while the other elements are reabsorbed as before.

Those who have not understood this more spiritual process have taught that it is sufficient to

keep the organs from losing the seed and nature will attend to the process of reabsorption. But it will be seen from this that there are two processes, one of absorption and the other of transmutation. We have not only to hold the seed in the body, but to train the thoughts to transform it and draw its ethereal elements upward as food for the spiritual nature.

Thought force is so powerful that it can change the cells and their groupings. Its refinement enables it to deal with the invisible and gaseous substances of the body and even to reach out into the universal, invisible substance and bring to bear whatever is needed to build up and heal the cells.

The life of man is what his mind makes it, for the mind coheres in and adheres to the bodily senses and is in fact a principle of sensation that operates on many planes of expression. The senses are first in the order of physical evolution but thought is first by reason of its intelligence, and its intellectual force must influence and govern the senses and all the intricate processes in order that harmony may reign and health be realized.

SPIRITUAL POWER FROM SEXUAL ENERGY.

The sex organs have two functions—to perpetuate the species and to generate the force that enables the soul to manifest the love and wisdom of the Father. Man as a higher evolved type of animal, with a divine soul added, must use the animal functions to perpetuate his kind, but the soul descending into human form from the blissful life of heaven, in order to develop its divine attributes, does not crave or need sexual sensation. The mortal personality uses the vital force to generate mortal bodies, but

the soul would use the same force to generate within the flesh a spiritual body in the image and likeness of its own eternal nature.

Within the human sex nature is generated the elixir of life. The whole organization is dependent upon the vital fluid for its perfect development. In the organs of sex is produced the vital fluid that feeds the brain and nervous system, from which are evolved the electric and magnetic forces of the body as well as the intellectual powers of the spiritual nature. Will and memory, and all the faculties of the mind are dependent for their full growth and development upon a healthy condition of the sex nature.

The organs of sex have other uses in the human economy than selfish gratification or the propagation of offspring. There can be no great development of spiritual manhood until it is understood that the conservation of the sex fluid furnishes the essence from which is developed the spiritual body, with its will, potent in overcoming the desires of the animal nature. By exalted thought and pure motives, the spiritual man transforms the finer essences of the whole organism into a potent electro-spiritual body that is radiant with power, and by its purity enters into contact with the supreme purity of the Mind of God.

When humanity are taught to cultivate the will to the overcoming of animal desires, and to transform by its creative power the elements of the lower nature into powerful soul essences, then will they no longer waste their strength and the making of their spiritual forces in pleasures that by their debilitating effects hold them from rising above the animal plane into the sphere of spiritual life and power, and growing

into the manifestation of Christ-like manhood and dominion.

The man of God is self-sufficient. He needs not the toys of flesh to satisfy his nature. He has outgrown the carnal sphere, and is no longer attracted by mortal pleasures, but feels within his soul the higher and more blissful attractions of the grace and love and wisdom of God. The God-man is complete within himself.

OVERCOMING.

Before you can apply the knowledge which will renew the body and do away with the necessity for old age, enabling you to live in the flesh until the soul has finished all its experience on this plane, you must have become an irresistible Victor over all the cravings of the sexual nature, in the imagination as well as in the flesh.

"To him that overcometh

"Will I give to eat of the tree of life,

"Which is in the midst of the paradise of God."—

Rev. 2:7.

You need to build up a strong will power by saying over and over incessantly: "I will be pure! I will be pure!!" Put all your mental energy into these words, and while you are doing your work say them over thousands of times. This will gradually build up a mental power which will overcome the false power of the lustful thoughts of the past. Read over this lesson on purity when temptations enter your mind. Do not allow yourself to be alone with an impure thought. If you cannot keep your mind pure in the silence, then read all the time you are not working. Let reading be your method of concentration.

You can gain dominion if you will make it your whole life work to do so. Think all the time that you can. There is a bright future before you if you conquer this animal vein of lustful thoughts. Determine that you will not be an animal any longer; that you will be so pure that the holy presences of the living God can attend you and enjoy your vibrations.

Hold these thoughts strongly in mind:

I have no delight in the anticipation of sexual gratification. I do not allow my imagination to picture it as anything worth craving or desiring. I know the bliss that springs from the union of the soul with the Living Christ is a bliss and satisfaction that will abide with me throughout eternity, and the only pleasure worth having, therefore I will be strong in clearing out the false imaginations which hinder that supreme joy of the soul. I will be pure as Jesus Christ was pure. I know that sexual pleasures are but sense intoxication, and I will have none of them. I have no desire for sexual pleasure. (Keep the last statement before the mind constantly and it will dissolve the foundation of all lustful feelings.)

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We can generate mental forces that will destroy all the immoral tendencies which we may have inherited. We can build up a body of pure thoughts that will be irresistible in its dominion over the lusts of the flesh. The time to fortify the spiritual castle is when we are at peace. "In times of peace prepare for war." We must educate all parts of the mind to know that we do not desire anything but the good and pure, by affirming the will to be pure and denying any tendency in the opposite direction. This denial to be effective must be a constant process. We must tune every part of the mind to feel this. We must culti

vate a resistant attitude of mind toward impure imaginations, so that it will sink deep into our consciousness and operate even during sleep. Whenever we find a weak spot in our thoughts or feelings, instantly we must bring the full force of will to bear to patch up this broken place in the wall of the mind that the enemy may not enter in and bring into subjection all that we have gained by much perseverance. We must decide to make it the purpose of life to conquer, that Christ may have a pure temple in which to live, and we must organize our thoughts by denial and affirmation in that direction for weeks and months until we feel perfectly safe, and have the armies of our thoughts so marshaled and drilled that we know we cannot be conquered. This is the degree of Mastery, and when it is attained, we have gained the power of dominion and confidence in our ability to make God manifest that will be the basis for great spiritual power.

ALL THINGS ARE GOOD IN THEIR PLACE.

Vitality is God or Good in expression. It is the life principle or the life of God in manifestation. It is love and intelligence organized through sex power.

Sex power is that wonderful interchange of love and intelligence through which the latent vitality of God is made visible in all negative degrees of life.

This power has been falsely called animal passion. It is not an animal but a divine force. The lower the grade of being the feebler the manifestation of sex power. It increases in potency as it advances from the lowest to the highest forms of being. If we could see that it had decreased as it ascended from primitive forms of being we would conclude that it marked the animal period of existence only, but we

see that the reverse is true. This convinces us that as we gain a higher degree of development and a clearer understanding of this creative power in our organism, it will prove a powerful factor in our progression in the divine life, which we are now beginning to realize.

We now see the dawn of a new day in which we shall gain a greater understanding of these laws which have been falsely interpreted and misunderstood.

Condemnation for the sexual force is so general among those trying to live a pure life that an effort is often made to suppress the activity of the sex organs when they are carrying on their proper work. There must necessarily be some activity and feeling in this sacred center while seed is being generated and transmuted into refined food for the body, mind and soul. At such times the organs should be praised and blessed with soul feelings that their force may be turned by thought force from the sensual to the spiritual. Passion, like every other energy in existence, is good in itself. Evil comes from it only when man turns it from its proper course for selfish purposes. Discriminate wisely between the force itself and the vile imaginings that by the majority are associated with passion. Not that the sexual act is vile in itself when fulfilling its creative function; the vileness is in the tendency of the mind in turning all its noble faculties and powers toward the actual or imaginary gratification of one sense and thus prostituting holy faculties to ignoble uses. Do not allow your mind to associate this recreative impulse with the thought of sensual indulgence, but stand as the sun that lifts the waters of earth to the heavens and by the fervor of your spiritual rays transform the water of life into an ethereal element that will serve

to beautify, strengthen and refresh the heavenly expanse of your being.

DENIALS AND AFFIRMATIONS.

The mind sometimes comes under the dominion of negative intelligence. The uneducated parts of the mind are swayed by low desires until the mastery of these negative forces is broken by the emancipated and enlightened will.

There is no more effective way to free the will from this bondage than denial and affirmation. The self-treatments given in this lesson may seem too strong for many students, but as they were written to meet actual needs there are those who can apply them with profit. They will at least show the more fortunate ones how hard the problem is for others, and they can use these statements with the knowledge that through the silent but far-reaching influence of thought someone is being benefited by every affirmation and denial that they make.

In the following very strong self-treatment one state of mind is overcome by arousing its opposite:

There is nothing attractive to me in the sensual side of life. I feel a loathing through my whole nature toward lustful thoughts.

All thoughts of sexual gratification create a feeling of repugnance within my nature. Such thoughts are disgusting and I will have none of them in my mind.

The more I realize of the immortal love of heaven the more distasteful sensual pleasures become.

I am soul satisfied. I am self-sufficient within my own nature.

My subconscious mind is infused with this feeling of repugnance toward all sexual pictures and even during sleep my inner mind repels and resists all such impure pictures.

My imagination does not endow the sexual act with any grace or attractiveness. It is purely an animal function and holds no attraction for the soul. I will not stoop from my spiritual self-sufficiency in God to seek pleasure or satisfaction in the realm of animal sensation.

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My sexual nature is dominated with the desire to conserve vital fluid. Its whole purpose is to conserve vital force and transform it to the higher uses of body and spirit.

It cannot be swerved from its purpose by any impure thoughts. It resists all thoughts that would hinder its spiritual work in the physical economy.

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Through the Word of Power I am now freed from all mortal limitations.

Eternal Vitality is recreating my sex nature and filling my whole body with perfect life.

My sex nature is perpetually creative and I am renewing my youth through the power within.

“LO, I AM WITH YOU ALWAYS.”

Many have tried very hard to reach the Father by prayer, with the idea in mind that He was far out in space, at a great distance from them. My prayers did not seem to avail until I came into the understanding that the Spirit of God was and is perpetually the life of my soul. When I grasped and applied this living truth, I was freed from many

limitations, for I found Christ within, my hope of glory.

You will realize a wonderful strength in overcoming the carnal nature, if you will take it as truth that your soul is created in the image and likeness of God. The Spirit of the all-knowing and all-powerful God is within your soul; your soul is formed of His Spirit, and has the strength of His Spirit always at command. Christ loves to come to birth in your soul, even though he is surrounded by the animal qualities of your nature. His strength and purity will be the cleansing, purifying power that will help you to conquer all sin. Recognize this divine fact, that the Spirit of your soul is the Spirit of almighty God, and stand up in the positiveness of true faith and determine that God shall become the king upon the throne of your being! Energize your mind into a living, fervent faith by thinking repeatedly, over and over again:

God is my mighty strength in conquering all temptations. God purifies and harmonizes my nature by His Holy Presence. God inspires my will with His mighty Will, and continually gives me the power of will to overcome every carnal tendency. My will coupled with the divine Will is a mighty force for good. No evil propensity can withstand the combined force of the divine and human will. I cast all evil thoughts out of my mind. With His power I resist and grow strong. In His Name I conquer.

Do not let any apparent failure hinder your determination to conquer. Failure should help you to generate a still stronger determination that you will conquer. You will realize the power of God to conquer in the degree that you cultivate your personal will. So affirm day and night: "I will overcome this appetite. I will dissolve all these desires from my

nature. With the help of the omnipotent God **I WILL** conquer myself." Each affirmation increases your will power. It will become so strong that it will be irresistible. Do this and expect results, and you will get them.

The persistent daily use of such strong words of faith repeated with great intensity, will develop new brain cells and new spiritual force of character. Your soul will grow strong in the Spirit of the Lord, and you will realize that God has given your soul dominion over all the animal and creeping things of your nature. When you pray, believe that you have received, and it will become apparent to you that God was with you all the time, but from lack of proper acknowledgment He seemed absent. Practice being God-like, and practice will make you perfect.

FAITH AND POWER WILL DEVELOP GRADUALLY.

The sense attractions have developed through many years, therefore do not be discouraged if they do not yield all at once. You cannot kill your desires; they are mind of your mind and flesh of your flesh, but you can educate them to become obedient servants to your divine purpose.

You will have many ups and downs in your development. Sometimes you will be on the mountain-top, standing in the full glory of the supernal splendor, and then again you will find yourself in the valley, gaining but faint glimpses of the sun through the clouds that have risen from your nature and overcast your mental sky. But undaunted courage and faithfulness to your divine soul will give you the victory. There is joy in overcoming; there is satisfaction in knowing that we are growing to

Godhood through the efforts of will and application of wisdom; and that through the polarization of God Force and Intelligence we shall make our whole nature superior to the laws of negative mind, and control instead of being controlled by evolutionary processes.

Live close to the lessons, reading them every day, for they will be your inspiration. The words of truth will stimulate your aspiration and keep inspiring you to develop the God latent in you. For the attraction of the sense mind is a force which must be overcome by cultivating around the will another force of mind that will be superior to and stronger than any influence of the carnal mind.

You must, by study and thought, develop in your mind a heaven of pure thought and aspiration and divine purpose—an abiding place for your soul—through which it can develop and express its faculties and powers. This body of thought, generated through study of the lessons, will be the soul's instrument for expression on this plane.

It would be an excellent plan for you to write down the desires and aspirations that come to you in moments of realization and the decrees that you make for all things that you need. Then read these over every day, and thus they will become stronger and you will add to their power constantly. Through this cultivation they will more quickly come into manifestation.

Exercise your will and your word for all needs, for through this practice you will become master of your own mind and all the negative qualities of mind around you.

Those who have been faithful over a few things shall become masters over many things.

Be faithful to the duties that now require your attention, at the same time speaking the words and formulating the desires for the conditions that you see will be conducive to your unfoldment. Only from your present conditions can your future conditions be evolved, and you are the master of this evolution. Your own designs will manifest. Create by your words the conditions you need and wish. The fruitage of the words will result in a natural evolution into new and freer conditions.

PHYSICAL VIGOR INCREASES MENTAL ENERGY.

I believe in the regeneration of the whole nature, physical as well as spiritual. The body affects the mind just as truly as the mind affects the body. The mind is so interwoven in the physical cells, that the health of one is the health of the other. In fact cell energy and mind energy are but different degrees of the same force.

Physiologists now agree that the simple cells that compose the physical organism have the power to receive impressions, or imagination; the power to recall impressions, or memory; the power to compare impressions, or judgment; and the power to select between good and bad impressions, or will. So what I call the mind of the body or subconscious mind is the aggregate energy and intelligence of all the physical cells. Students of metaphysics who have been soaring into realms of mental abstraction and denying the body, will have to gain this realization before they can fully manifest the power of the spirit in the human body.

The will force of each simple cell must agree and work in harmony with the will of the organ or center

to which it belongs, and the will force of each organ and center, which is the power of all the cell wills composing it, must be brought into conscious unity with the central will of the organism, the I, before one can will with the whole power of the organism or before one can make the will of God manifest in and through the flesh. In other words, the I Am, which is the individual spirit, must be all and in all, must have gained possession of all the wills of the body, before that possession can be fully surrendered to the will of the Spirit that God may be all in all.

A false idea of spirituality exists. Muscular energy has been identified too long with brute strength and coarse mentality. It remains for us to redeem this idea and show that true spirituality is not necessarily identified with a pale and anemic personality. The Spirit is life, and life makes vigorous muscles as well as vigorous souls. Because splendid strength is often associated with materialistic minds and anemic souls, it does not follow that those who are cultivating strength of soul should neglect the cultivation of their muscles. A spiritual character will be able to accomplish very much more in the generation of mental force if he has a strong physical development than if his body be weak, because the strength of the mind depends upon the strength of the body.

Those who are learning to heal by the use of thought force and those who are endeavoring to gain the greatest degree of soul power while in this physical body, will find pleasure and profit in studying and practicing Physical Culture. By daily exercises adapted to their needs, they will realize a new circulation of life through every muscle in the body. The muscles will become supple and vigorous and

responsive to the will. The debris that has been accumulating in the inactive parts of the body will be expelled. The joyous blood currents will bring refreshing streams to every organ and all the electric and vital forces of the body will increase. Dormant cells will be awakened to renewed activity and the nerves will be fed with the life essentials, which will enable them to generate and carry more mental force. In short, physical exercises, when not carried to an extreme, and when taken up each day with the purpose of concentrating the mind in every part of the body, will result in mental as well as physical vigor. Concentration of all the mental forces will become much easier and the whole being will rejoice in the renewal of strength and ability.

As the mind is apt to lose interest in physical exercises if it has not been educated to see the need of these special activities for young and old, it would be well for everyone to subscribe for a physical culture magazine. The monthly visit of the magazine with illustrations of splendid physical development derived through exercise, will re-energize one's faith in the process until habits are formed which will make the daily exercises as easy and as much of a pleasure as the daily meals.

THE VITAL FLAME.

When we state the simple fact that the human form has its beginning in a germ-cell, we at the same time assert a profound mystery. We may learn something of the composition and form of the germ of human life, but the how and the why, the meaning or wisdom that lies deeper than mortal ken, the Spirit that has accomplished this wonder of condensing all the attributes of a human being into a minute cell, is the unsearchable mystery that will never be

unveiled by outward observation—man will uncover it only in the depths of his own consciousness. Verily, these organized seeds are the expression of the Spirit of Life, the language of the infinite Father, the word of Jehovah-God, without which nothing is made that exists.

We cannot say that form is life, or that life exists as a principle apart or distinct from some sort of form, either physical or spiritual. It has been said that life is activity. It is more than this. It is organized activity. Life depends upon structure for its expression, and the more complex the structure, the more intelligent is the expression of life. Life is perpetuated by the various natures and species it has evolved, and it combines and recombines these peculiarities in such a wise way that there is a progressive development of forms from lower to higher, from the simple structure of the amœba to the complex nature of man.

This mysterious power perpetuates itself by gathering together in the sex center all the elements and essences of which life is composed, and there crystallizing them by the divine potency of the vital flame, into an epitome of all that constitutes the organization of the parent life; so the seed of the plant and the germ-cell of the animal is an epitome of the whole, and will, when developed, be a reproduction of the parent life, modified by its environments.

If we could examine the seed or germ-cell in its minutia, we would find all the elements of the plant, the animal, or the coming man. Life then is a complex organization, composed of an invisible but tangible substance. It somewhat resembles electricity, but it is not identical with it.

The electrical battery is a crude imitation of the

human battery. From the chemical battery the fluid or energy of electricity is generated in a way somewhat similar to the generation of life in the human battery. It is thought by some that electricity is life. Electricity is but one of a great number of elements that are used to build up the organization of life.

The human battery generates electric and also magnetic energy by chemical processes. These purely physical forces combine and interact to evolve the still higher products,—vitality and intelligence. Animal organisms evolve magnetic, electric and vital forces, but there is still deficient the power and complexity of structure necessary to the evolvment of perfect thought.

If we were given the all-seeing eye, in looking at the physical structure of man we should see that it is composed of myriads of atoms, not clinging to each other, as is generally supposed, but as far apart approximately in distance as the planets and suns that swing through boundless space. We should see that these atoms are all floating in magnetic currents, around centers from which this force seems to emanate, and that each atom is also a center for the generation of this force. This body of magnetic energy, in which the atoms live, move and have their being, which seems to receive life from the atoms and at the same time hold them obedient to its organizing power, would appear luminous, like a more spiritual or radiant form of matter. And according to the quality of the atoms it distributes them. Those of the finest quality are aggregated into nuclei and become radiant like suns with this force, and through these nerve centers the force comes more manifestly into operation in polarizing atoms to form the structure of organs.

The brain would be seen as the most actively vibrating center of radiant atoms, the positive pole of the battery. All the currents with all the atoms would be found to circulate steadily around two well-defined centers; a negative center of vitality and a positive center of intelligence. Thus would be seen the spiritual organization of man; the mind-body fed by the chemical, magnetic and electric substance of the atoms, and reorganizing and transforming these substances into a more enduring and potent form, capable of thinking and willing as a self-conscious personality.

Thus we see that the nature of life and its wondrous complexity inheres, not in the physical organization, but in this more highly attenuated but not less substantial mind organization. The physical is only transient; it is ever being rebuilt. But the wondrous life is the abiding nature, the living principle. It is the organizer; the physical is the organized. It was the living principle that drew the atoms together that formed the first organization. The Spirit of life moved over chaotic ether until chaos became cosmos; the unorganized became organized. This Spirit has developed in wisdom with the ages of experience. It formulated the ether into a solar system, and then began the slow process of evolving crude matter into forms that would embody life.

As the living principle by its combinations became more and more complex, it organized more and more complex physical natures until its wisdom and skill culminated in the form of man. Each succeeding type and species revealed the added power and wisdom of life, and each higher form embodied the best structural processes of lower types, so in man we find something of the mineral, the vegetable

and the animal, recombined with an added power to express the supreme word of the wisdom of life.

Man has in his physical organization all of the elements of matter, the life and functions of the vegetable, and the propensities of the animal, and he will not be complete until he realizes that within his nature are also the potentialities of Divinity, which must become as consciously manifest as are the lower activities that have been wrought into his nature preparatory to the unfoldment and expression of that mightier power, the individual soul.

In man all forms of life are expressed, and all processes of transformation of lower elements to higher conditions are carried on. Man is indeed a microcosm, a miniature world, as it were, containing in his organization all the material elements, together with the additional elements that lift him above the animal kingdom, and give to him the characteristics of man. Whoever understands man in all his attributes—physical, mental and spiritual—may enlarge upon his conception of man the microcosm, to understand the whole world, the macrocosm.

Thus the truth will become apparent, that the social, religious, political, intellectual, and even the financial world are but the aggregation of forces found in the individual called man.

FAITH IN THE TRUE SELF GIVES THE VICTORY.

As the Spirit of Life in the outer sphere of manifestation gathers the elements and forces of mind and body into a minute but concrete image of the individual, so, in the inner sphere does the Holy Wisdom Power draw and blend into a living ego the

glorious attributes and potencies of that most complex and sublime organization, the soul of the eternal God.

Mother Nature evolves from her bosom the external nature of man,—an image of all her likenesses,—and from the bosom of the Father is evolved the soul of man, made in the image and likeness of his mighty love and wisdom.

Into the mortal nature of man are wrought all the essences and powers of the mineral, vegetable and animal natures; in his immortal nature are organized the potencies and possibilities of the angelic states of being, and even the very Essence of the Living God.

During all the unenlightened ages of the past, man has been judged to be no more than what appeared, a gross, sensual animal. The enlightened minds of the present know that man is more than what appears. Now is the tremendous import of the words in Genesis becoming apparent, that God made man in his own image and likeness, that he might have dominion over all the animal tendencies of his nature. The undeveloped and uneducated forces given to man by Mother Nature have been condemned as evil and impure. This they are not. They are natural forces and all natural forces are good. They are but awaiting the awakening of the lord of the kingdom, the God-man, that their energies may be rightly directed into divine service. We have had too much condemnation. The race is bound in the chain of ignorance, and under condemnation of sin, sickness and death. Only the truth will set us free. Let us behold God's universe with the eyes of truth and we shall see that the universe and all it contains is Good; that all planes of being no matter how crude and undeveloped they may appear are the manifesta-

tions of the One Omnipotent Energy which we call God. All forces and powers are divine, and within man is the throne and sceptre of authority and dominion that must be recognized before it can manifest.

We are the sons of God. The Spirit beareth witness with our spirit that we are the children of God. We have not received the spirit of ignorance and bondage again to fear; but have received the spirit of adoption, the spirit of truth which reveals our true God nature, whereby we acknowledge God as our true and only Father, and partake of our divine heredity—heirs of God and joint heirs with Christ, that we may be glorified with dominion over the things of the flesh. Man cannot exhibit more virtue or intelligence than his own belief allows. He has been educated in the belief that he is a depraved animal, and according to his faith has he expressed. Now he must be educated most thoroughly in the knowledge of his boundless possibilities as a Son of God. He has been taught that it is natural for him to be evil. He must be taught from babyhood up that it is most natural for him to be good and wise, for his divine nature of wisdom and perfection is the most powerful part of him. He has believed in the power of evil. He must be educated to know that all power is Good, and as he withdraws his faith from evil and adds it to the inherent power of good that exists in his soul life, he will feel the ability to succeed in being divine and perfect in his whole life and in all his habits.

Teach man that he is a devil and he cannot but be devilish. Teach man the truth that within his soul are the possibilities and powers of a God, and verily that will he be.

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